

Boniva (ibandronate)

What is Boniva?

- Medication used for the prevention or treatment of osteoporosis in women after menopause
- Not a hormone, acts only on bone
- Increases bone mass and reduces the risk of spine fractures

How would I take Boniva?

- Boniva is taken at a dose of 150mg once a month
- After getting up for the day, and before food, drink or other medications, you swallow Boniva with a 6-8 oz glass of plain water (no other liquid)
- After swallowing the Boniva, do not lie back down but stay upright (sitting, standing, for walking) for at least 60 minutes
- After swallowing the Boniva, wait at least 60 minutes before your first food, drink or other medications
- Do not take at bedtime or before getting up for the day
- Boniva can also be given every 3 months by an intravenous injection in a doctor's office or health care facility.

What if I miss a dose of Boniva?

- If you miss a dose, do not take it later in the day.
- If your next scheduled dose is more than seven days away, take the missed dose the next morning following the usual routine
- If the next scheduled Boniva dose is 1-7 days away, wait until the next scheduled Boniva day to take the tablet
- You must not take 2 tablets of Boniva within the same week

What are the possible side effects of Boniva?

- Side effects with Boniva are not common but may include:
 - Irritation, inflammation or ulcers of the esophagus
 - Heartburn
 - Pain with or difficulty swallowing
 - Abdominal pain at times associated with gastric ulceration
 - Bone, joint or muscle pain - rare
 - Transient flu like symptoms, usually at the start of treatment
 - Localized problem with impaired bone healing in the jaw often following removal of a tooth or with infection - rare. Most cases have been seen in patients with cancer not taking Boniva but similar drugs IV

Are there people who should not take Boniva ?

- Remember your doctor will prescribe this medication for you if the benefits to you are greater than the risk of side effects
- This medication is not recommended:
 - If you have problems with your esophagus [tube that connects your mouth to your stomach]
 - If you cannot sit or stand upright for at least 60 minutes
 - If you have low levels of calcium in your blood
 - If you have severe kidney disease
 - If you are allergic to Boniva or any of its ingredients
 - If you are pregnant or could become pregnant
 - If you are breast feeding

PLEASE REMEMBER:

This is a summary of key information about Boniva and does not take the place of discussion with your doctor. Always ask your doctor, pharmacist or health care provider if you have any questions about Boniva or Osteoporosis.

Successful prevention or treatment of Osteoporosis involves more than medication and includes a balanced diet with adequate intake of calcium and Vitamin D, avoidance of cigarette use and daily weight bearing exercise activities.



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